

environment, WAN environment, the WWW and the Internet.

163. The method according to claim 161, wherein:

the questions include questions about at least one of physical characteristics, lifestyle and medical history.

164. The method according to claim 163, wherein:

the physical characteristics include age, gender, race, height and weight.

165. The method according to claim 163, wherein:

the lifestyle questions include questions about at least one of smoking habits, drinking habits, vitamin intake, and stress.

166. The method according to claim 163, wherein:

the medical history questions include questions about at least one of blood pressure, diabetes, menopause, ovary removal, hormone replacement, CAD, heart attack, coronary artery bypass surgery, angioplasty, peripheral vascular disease, left ventricular hypertrophy, family history, lipid profile, stress tests, and angiograms.

167. The method according to claim 161, wherein:

the step of receiving the responses includes storing the responses in memory.

168. The method according to claim 167, wherein:

the memory includes at least one database.

169. The method according to claim 161, wherein:

the risk factors are determined using practice guidelines.

170. The method according to claim 169, wherein:

the practice guidelines include practice guidelines published by at least one of the American College of Cardiology and American Heart Association, U.S. Department of Health and Human Services Agency for Healthcare Policy and Research, and the National Heart Lung and Blood Institute.

171. The method according to claim 161, further comprising the step of:

providing substantially contemporaneous feedback to the responses via the processor.

172. The method according to claim 171, wherein:

the substantially contemporaneous feedback includes at least one of general information about the at least one of the risk factors and whether the at least one of the risk factors is positive for an individual.

173. The method according to claim 161, wherein:

the particular disease is CAD.

174. The method according to claim 161, further comprising the steps of:

if the individual does not have the particular disease, determining the risk of the individual developing the disease using at least one of the responses and practice guidelines for the particular disease; and

if the individual does have the particular disease, determining the associated consequences of the disease using at least one of the responses and the practice guidelines for the disease.

175. The method according to claim 174, wherein:

the associated consequences include invasive intervention and noninvasive intervention.

176. The method according to claim 175, wherein:

the invasive intervention includes at least one of surgery and angioplasty.

177. The method according to claim 175, wherein:

the noninvasive intervention includes at least one of pharmacological therapy and education.

178. The method according to claim 161, wherein:

the step of tracking includes advising the user when there has been one of a change and no change in a risk factor.

179. A method for tracking progress of risk factor modification, comprising the steps of:

interactively receiving via a processor questions; transmitting via the processor responses to the questions, risk factors specific to an individual for a particular disease being determined based on at least one of the responses;

receiving ways to modify at least one of the risk factors to decrease a risk of the individual developing a particular disease when the at least one of the risk factors is modifiable; and

tracking progress over time made by the individual in modifying the at least one of the risk factors.

180. The method according to claim 179, wherein:

the processor operates in at least one of a LAN environment, WAN environment, WAN environment, the WWW and the Internet.

181. The method according to claim 179, wherein:

the questions include questions about at least one of physical characteristics, lifestyle and medical history.